



**Brief Description (Objective):** The students will be able to realize that focus and concentration are necessary for comprehension.

**Teaching Aids:** TRD

**Concept-Value Connection:**

- Comprehension is the understanding and interpretation of what is read. It requires concentration and focus.
- When we are focused, we can understand and remember things clearly.

**Activity: Quote**

**Notes to the teacher:**

- Write the Quote given below on the black/white board in the class.
- Students can be given a minute or two to reflect on the quote.
- Follow-up with the questions below.
- Ensure that all students participate, and that the discussion stays on topic.
- A practical extension of this activity in the form of a Guided Visualization exercise can be done where needed. (Script attached separately.)

**Quote- 'Whatever you are doing, put your whole mind on it.' – Swami Vivekananda**

**Questions:**

**1. What does it mean to put your whole mind on something?**

**Answer:**

It means we need to give our entire attention and focus to what we are doing.

**2. What are the benefits of staying focused?**

**Possible Answers:**

Staying focused helps:

- to remember more
- understand and learn things quicker and better
- improve performance in both academic and non-academic activities
- to complete tasks in allotted time
- to do things in the best way we can
- to pay attention to details without missing them

### 3. How can we get better at focusing?

#### Possible Answers:

- Eating healthy and staying hydrated. This helps us improve focus and concentration.
- Good timely sleep helps increase attentiveness to the task at hand.
- Taking short breaks between study sessions helps to regain focus.
- Exercising and meditating regularly.
- Being organized in day-to-day activities makes it easier to stay focused on the task at hand.
- Playing Memory games, Sudoku and puzzles are also a great way to develop focus and concentration.

#### Take-home Messages:

- Focus is a skill that can be developed and improved over time with regular practice.
- Practice is the key to perfection. With consistent practice and patience, we can develop this skill.